

JULY MEAL PLAN GROCERY LIST

PRODUCE

Bananas (1 bunch)
Apples (5-6)
Oranges (2)
Grapefruit (1)
Grapes (1 small bunch)
Mixed berries (fresh or frozen bag)
Strawberries (fresh)
Lime (2)
Avocado (5)
Tomatoes (3)
Cherry tomatoes (2 packages)
Mushrooms (8 oz. package)
Red peppers (3)
Green peppers (2)
Jalapeno (1)
Red onion (1)
White onion (2)
Baby carrots (1 package)
Cilantro (1 bunch)
Broccoli (2 heads)
Cauliflower (1 head)
Zucchini (2 medium)
Yellow Squash (1 medium)
Spaghetti Squash
Green onions (1 bunch)
Celery (1 bunch)
Garlic (fresh or jarred)
Cucumbers (3)
Mixed greens bagged salad (3 bags)
Bagged spinach (2 bags)

PROTEINS

Chicken breasts (4)
Chicken thighs (8-10)
Turkey polska kielbasa (1 package)
Sirloin steaks or other lean steak (2 pounds)
Salmon (1 pound)
Eggs (18-24)
Plain Greek yogurt
2% Cottage cheese
Parmesan cheese
Shredded sharp cheddar cheese
Feta cheese
Canned chicken breast (1 large can)

THE AISLES

Reduced sodium chicken stock
Quinoa
Vanilla protein powder (whey isolate is best)
Vinaigrette-style dressing
Almonds, pecans, & other mixed raw nuts
Chia seeds
Ground flax meal
Almond or peanut butter
Hummus
Honey
Reduced sodium soy sauce
Whole grain bread or English muffins
Whole grain tortillas
Olives
White wine



This grocery list provides everything you need to make all the meals on the July Meal Plan. The dinner recipes make enough to feed a family of 4 or 5. The breakfast, lunch and snack meals are intended to feed just you, momma.

Purchase extra quantities of certain items if needed.
The recipes for the meals marked with (R) can be found at
<https://www.strong-mommas.com/recipes.html>